

ABSTRACT OF THE DISCLOSURE

Frying ingredients are fry-cooked within a frying oil layer used for fry cooking, under the conditions meeting a relationship of  $HA/SA^{1/2} = 0.6$  to  $3.5$ , where  
5 SA denotes the surface area of the frying oil layer and HA denotes the height from the bottom to the surface of the frying oil layer.